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THE CELTICS OPEN THEIR 2014-15 SEASON WEDNESDAY. PAGE 36

# metro

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**Report: Hub  
has the two  
top colleges  
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**Ages and Ages  
since we've  
dug a band  
this much**

PAGE 10

**We mustache  
you a question  
about men's  
health now**

PAGE 14



## Expert: Tsarnaev pal shouldn't get 16 years

**Court.** Robel Phillipos, friend of marathon bombing suspect Dzhokhar Tsarnaev, was found guilty Tuesday of lying during the FBI's probe. A local law professor tells us he'd be shocked if the 21-year-old is sentenced to the 16 years behind bars he is facing. PAGE 02



Robel Phillipos showed little emotion as he left the federal courthouse in South Boston following Tuesday's guilty verdict. / NICOLAUS CZARNECKI, METRO



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## NEWS

### Today's tweet

"Man just ran by me screaming 'IM ON THAT GOOD KUSH AND ALCOHOL' #mbta"

@layjaybabykinz just spotted a Lil Wayne lyric in the flesh.



### Top 3

## What's trending online at Metro.us

**1** Benedict Cumberbatch will play Doctor Strange in the last major movie franchise he wasn't in yet

**2** Rene Russo likes to stay up late

**3** Official ESPN SportsCenter Twitter feed pisses off Red Sox fans everywhere

### Heroes

## Firefighters killed in Back Bay blaze awarded Medals of Honor

Two Boston firefighters who were killed while battling a nine-alarm fire on Beacon Street in March were posthumously awarded the state's highest firefighting honor on Tuesday.

Lt. Edward J. Walsh Jr. and Firefighter Michael R. Kennedy received Medals of Honor during the 25th annual Firefighter of the Year heroism awards ceremony at the John F. Kennedy Library. **GLOBE**

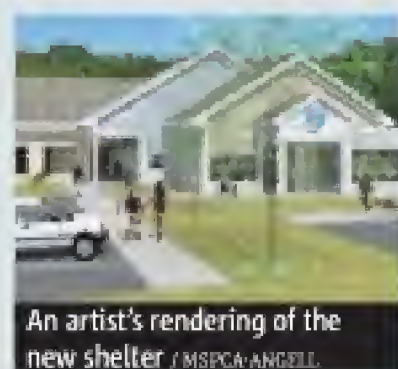
### Animals

## MSPCA to build \$5 million Cape Cod shelter

The MSPCA-Angell in Boston on Tuesday announced plans to build an all-new, state-of-the-art animal care and adoption center in Cape Cod.

The \$5 million project will replace Centerville's current, 1960s-era shelter and is expected to be a regional hub for homeless animal adoption as well as a community resource for dog training, spay and neuter programs and humane education.

The design calls for a floor plan of approximately 10,000 square feet — double the size of the current facility. **METRO**



An artist's rendering of the new shelter / MSPCA-ANGELL



Robel Phillipos, 21, of Cambridge, leaves Moakley Federal Courthouse on Tuesday after being found guilty of lying to the FBI during their investigation into accused Boston Marathon bomber Dzhokhar Tsarnaev. / NICOLAUS CZARNECKI, METRO

# Tsarnaev's pal found guilty of lying to FBI

**South Boston.** Robel Phillipos, a friend of the accused Boston bomber, now faces 16 years in prison.

A 21-year-old Cambridge man and friend of the accused Boston Marathon bomber was found guilty Tuesday of lying to federal investigators probing the terror attack.

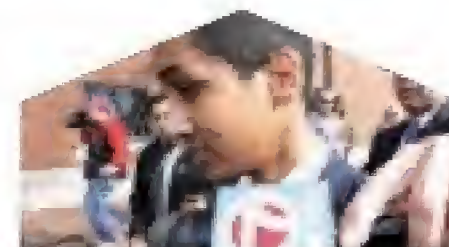
Robel Phillipos faces 16 years in prison after a federal jury convicted him of lying about having visited suspected bomber Dzhokhar Tsarnaev's UMass Dartmouth dorm three days after the bombs killed three people and injured 264.

Defense attorneys argued that Phillipos, who attended Cambridge Rindge and Latin School with Tsarnaev, was "high out of his mind" on marijuana on the day in question, and therefore did not lie when he told detectives that he could not remember going to the room.

Phillippos is due to be sentenced on Jan. 29. Until then, he will remain under house arrest in Cambridge.

Phillippos has not been asked to testify against Tsarnaev, who is set to be tried in January.

"I'm not so sure they need him," said Suffolk University law professor Chris Dearborn, adding that he'd be shocked if Phillippos was sentenced to the maximum penalty of 16 years behind bars.



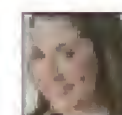
Visit **Metro.us** for more on two other friends charged with deceiving authorities.

"I'd be shocked if he got anything close to that," said Dearborn. "I hope the judge appreciates that this is a kid with no record, a kid who was scared and probably high, and at the very worst exercised poor judgement by not being forthright with law enforcement."

### Convicted

Phillippos was charged with two criminal counts of lying to investigators, one for saying he didn't remember the visit and one for denying it.

- He was found guilty of lying about visiting the dorm and of lying about knowing that two of his friends removed a backpack.
- He was found not guilty of several other alleged lies, including that he did not see anyone take the backpack.



MORGAN ROUSSEAU  
@MetroMorgan  
morgan.rousseau@metro.us

## Malden. Sex offender indicted for child rape

A 62-year-old Level 3 sex offender from Malden has been indicted for child rape and human trafficking of a minor, according to authorities.

Thomas Vincent Rose, 62, faces two counts of enticement of a child, two counts of human trafficking of a minor and single counts of rape of

a child and aggravated rape of child.

Police say last summer Rose, who is already registered as a sex offender, tried to recruit a 14-year-old and 15-year-old into "commercial" sexual activity and tried to "engage them in sexual activity." **DANNY McDONALD**

### Election

## Polls: Baker has the edge

Republican Charlie Baker holds a 4-point lead over Democrat Martha Coakley in their race for governor, according to a UMass Lowell/7News poll released Monday night. A MassINC/WBUR poll released Tuesday, however, showed Baker holding a 1-point lead. **SHNS**

## Westminster. Businesses nix proposed tobacco ban

Store owners in Westminster on Tuesday voiced their distaste with the town's proposal to bar the sale of all tobacco products.

Town health officials released a plan on Monday to bar the sale of cigarettes, chewing tobacco and cigars, as well as electronic cigarettes, citing

health risks tied to the nicotine products.

The Westminster regulation points to a ruling by the state's highest court holding that "the right to engage in business must yield to the paramount right of government to protect the public health by any rational means." **REUTERS**





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## Bikes

## Hubway operator bought out

The Portland, Oregon-based bike-sharing company behind Hubway will be bought out. Alta Bicycle Share announced Tuesday it had reached a deal with Bikeshare Holdings, a newly formed investment venture that includes the CEOs of Equinox. **METRO**

## Crime

## Jamaica Plain man charged in Back Bay T station assault

Transit police arrested a Jamaica Plain man on Monday night for allegedly pushing and punching a 62-year-old woman while trying to steal her handbag at Back Bay Station.



Johnson / TRANSIT POLICE

Officers found Robert Johnson, 49, on a nearby sidewalk where he had been restrained by a "good citizen."

Police said he initially asked the victim for money.

Johnson was arraigned Tuesday in Boston Municipal Court on charges of assaulting a rob while unarmed, and assault and battery on an elderly person, T police said. **METRO**

## Mass. Report: Violent crime down statewide but heroin still a problem

Violent crime is down in Massachusetts, but heroin overdoses continue to plague the state.

That was the takeaway from a new study released Tuesday that analyzed public health trends in the commonwealth.

The study, done by the Massachusetts Health Council, which is a Needham-based nonprofit consortium of health care leaders, stated the number of violent crimes in the state dropped from 28,232 in 2011 to 26,953 in 2012. Hate crimes, according to the report, also decreased from 367 in 2011 to 291 in 2012.

The report also chronicles the state's ongoing opioid problem. In 2012, there were 668 opioid-related deaths in the state, which averages out to be about 10.1 deaths per 100,000 residents. That's the highest rate ever recorded in state history and marked about a 10 percent increase over the previous year. The number of such deaths for 2013 is expected to be higher. Estimates currently call for 674 deaths that year.

The increase in overdose deaths prompted Gov. Deval Patrick to declare a public

### Taunton turnaround

Taunton, which had experienced nine deaths in 11 weeks, saw that number reduced to one opioid-related death in the 18-week period earlier this year.

- The report suggests a frank discussion about the problem in that community, drug dealers reducing the amount of fentanyl in their product and increased use of Narcan, may have played a role.

health emergency this past spring.

Between 2000 and 2013, the number of fatal opioid overdoses increased by 90 percent.

Data also suggested that in 2013, the number of babies born in Massachusetts with opiates in their system was more than triple the national average. More than 1,300 Massachusetts babies were born with narcotics in their system that year, according to the study. That number has doubled since 2008.

**DANNY McDONALD**

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### A blockhead riding the T

The LEGOLAND Discovery Center's mascot, Bertie, was spotted on the Orange Line on Tuesday afternoon in his first MBTA ride since the Assembly Row T station opened on Sept. 2. Bertie rode the T through downtown, waved at passengers and posed for selfies with fans. LEGOLAND, which features more than 3 million LEGO bricks, opened in Somerville in May. / **NICOLAUS CZARNIECKI, METRO**



# Report: World's two best colleges are right here on the Red Line

**Cambridge.** US News & World Report ranked Harvard and MIT the top two universities in the entire world.

Yep, Harvard is No. 1 and it's not just boastful conjecture.

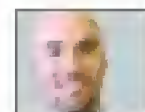
According to a recent U.S. News & World Report ranking, Harvard is the top university in the world and you don't have to go very far to find No. 2.

That would be the Massachusetts Institute of Technology, located mere miles and two Red Line stops away from Harvard on the Cambridge side of the Charles River.

The publication considered an array of factors in compiling the list, including global research reputation, regional research reputation, publications, percentage of highly cited papers and number of Ph.D.s awarded per academic staff member, among others.

The report ranked 500 universities across the world.

The two Cambridge institutions were followed by Cal-Berkeley, Stanford and the University of Oxford in England.



DANNY McDONALD  
@DMacCash  
daniel.mcdonald@metro.us



Harvard, top, and MIT, bottom, are on top of the world.  
NICOLAUS CZARNECKI, METRO

## The top 2 at a glance

### Harvard University

- Established in 1636, it's the nation's oldest institute of higher learning
- Endowment of \$36 billion
- Total enrollment, including undergrad and postgrad, is 14,000

### Massachusetts Institute of Technology (MIT)

- School's charter was issued in 1861, but, due to the Civil War, classes weren't held until 1864.
- Endowment of \$12 billion
- Enrollment, including undergrad and postgrad, is 11,301.

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## Threats

### Tyngsborough cops investigate two bomb threats at school

Police in Tyngsborough are investigating a pair of bomb threats made at Greater Lowell Technical High School.

On Monday, a student reported a bomb threat had been written on a bathroom wall. School and police officials identified the student they believed responsible for the threat and the school took disciplinary action.

Tuesday, another threat, deemed to be a hoax, was found on a different bathroom wall. That investigation continues. **METRO**

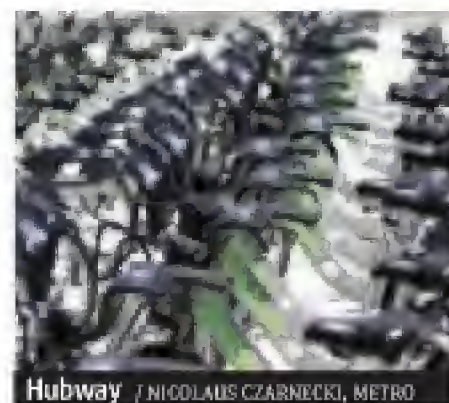
### Boston. Hubway bike share wants you to get 'spokey' for Halloween

Hubway wants cyclists to "get spokey" by donning a Halloween costume and snapping a photograph near one of its bicycles or stations.

Cyclists can then upload the photo to Instagram, Twitter or Facebook with the hashtag #HappyHubwayHalloween or with the @Hubway tag.

More than 50 participants will be randomly selected from entries to receive prizes, including gift certificates to local restaurants Boloco and Bon Me. A Hubway annual membership is also up for grabs.

Organizers asked on Hub-



Hubway / NICOLAUS CZARNECKI, METRO

way's website that participants put safety first.

"No in-motion selfies while riding, unbikeable costumes, or things dangling in spokes," the statement read. **METRO**





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### Smartphone plans

#### US sues AT&T over data 'throttling'

The U.S. government filed a lawsuit against AT&T on Tuesday, alleging they sold consumers unlimited data plans but would reduce their Internet speeds once they exceeded a certain amount of data.

The Federal Trade Commission said that this "throttling" of Internet feeds was deceptive and that in some cases data speeds were slowed by nearly 90 percent.

AT&T called the allegations "baseless" and said the practice was to manage the network.

"We have been completely transparent with customers since the very beginning," said Wayne Watts, AT&T's general counsel. "This program has affected only about 3 percent of our customers, and before any customer is affected, they are also notified by text message." **REUTERS**

### Today's winner

To enter your submission for the Metro Photo Challenge to win a \$5,000 cash prize, go to [www.metrophotochallenge.com](http://www.metrophotochallenge.com).



#### 'Maryland'

Nancy Oviedo, Revere, Mass.; Category: My City's Magic

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# President defends US Ebola guidelines

**Troops.** The military has stressed personnel are not interacting with Ebola patients.

As the second of two nurses infected while treating an Ebola patient left an Atlanta hospital, President Barack Obama on Tuesday said policies adopted in the United States should not discourage Americans willing to fight West Africa's outbreak.

Obama weighed in for the first time since states including New York and New Jersey imposed automatic 21-day quarantines on doctors and nurses returning from the three countries at the heart of the outbreak — rules that go beyond federal guidelines.

Obama said that these medical workers, often volunteers for international humanitarian groups, should be "applauded, thanked and supported."

"And we can make sure that when they come back, they are being monitored in a prudent fashion. But we want to make sure that we understand that they are doing God's work over there. And they're doing that to keep us safe," Obama added.

The states implementing quarantines have said saying federal policies do not adequately protect the public.

Federal health officials and



Amber Vinson, a Texas nurse who contracted Ebola after treating an infected patient, hugs members of her nursing team during a press conference after being released from Emory University Hospital. / GETTY IMAGES

### Ebola-free

## Dallas nurse discharged

A Dallas nurse who contracted Ebola was released from Emory University Hospital in Atlanta Tuesday after being found free of the virus and thanked God and her family for helping her recover. "I sincerely believe that with God all things are possible," said nurse Amber Vinson, who looked vibrant at a news conference with the health workers who treated her. Vinson is the fourth patient successfully treated for Ebola at Emory. **REUTERS**

others have criticized stricter state measures as potentially counterproductive, saying they could deter American doctors and other health care professionals from volunteering to help fight the epidemic at its source in West Africa.

"We don't want to do things that aren't based on science and best practices because if we do then we're just putting another barrier on somebody who's already doing really important work on our behalf," Obama said, noting that containing the outbreak in Africa will make Americans safer from Ebola.

In reference to quarantines being implemented by the military, Obama said service members were in a "different situation" than health care workers. **REUTERS**

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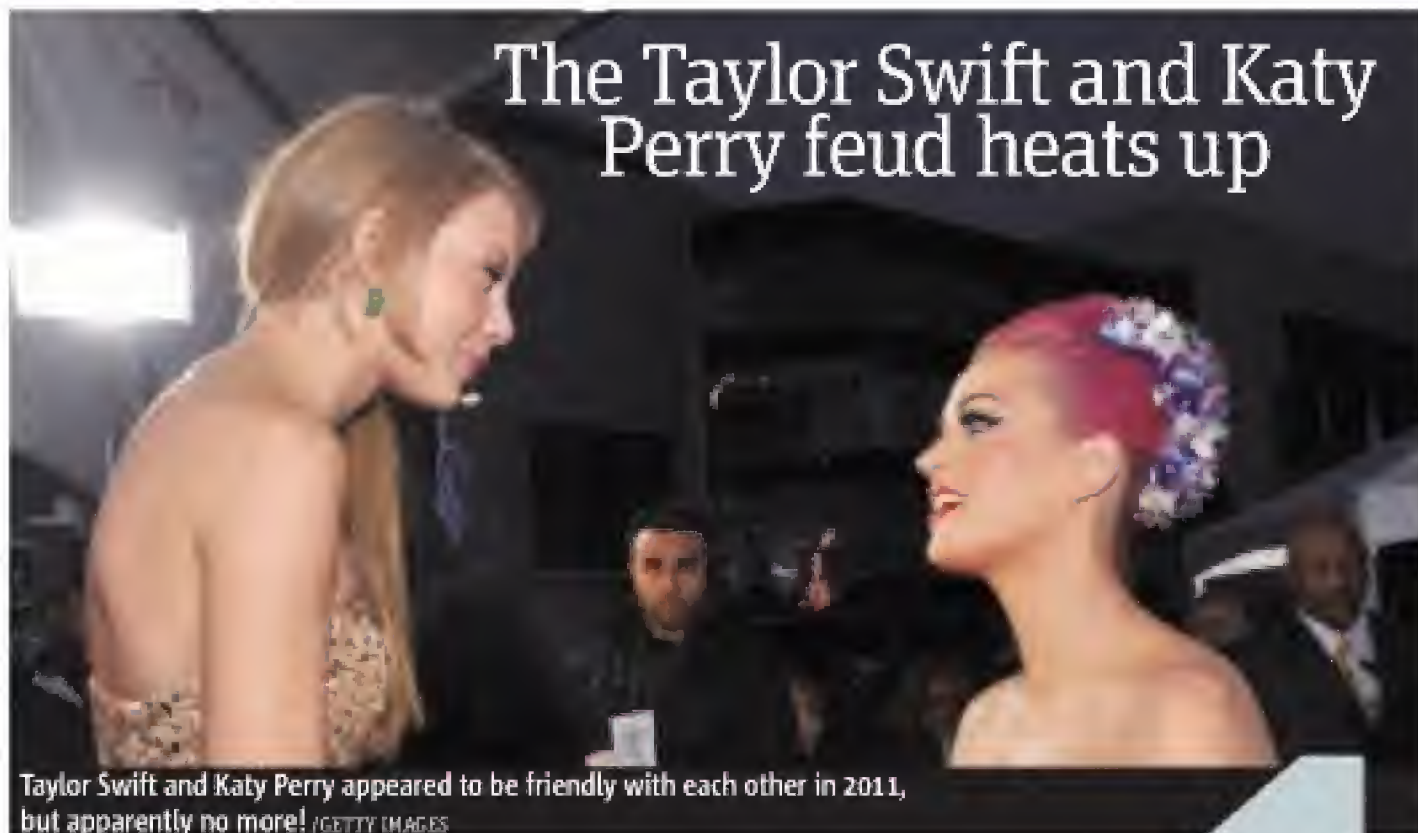
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## The Taylor Swift and Katy Perry feud heats up



Taylor Swift and Katy Perry appeared to be friendly with each other in 2011, but apparently no more! /GETTY IMAGES

That feud between Taylor Swift and Katy Perry is reportedly so serious that it might cost a prominent tour director some work. Baz Halpin has handled the direction and production design for a number of tours for both

Perry and Swift, but now that Perry has been tapped for the next Super Bowl Halftime Show and asked Halpin to join her, Swift is fuming, according to Radar Online. "She got word of Baz agreeing to do the show for Katy,

and Taylor has flat-out said she will not hire him ever again for any performance or tour if he goes ahead with his decision," a source says. "Katy got word of Taylor's 'ultimatum' and found it quite amusing."

## Meet Kevin Smith, the goofy spaz



Kevin Smith shaved his beard. I repeat, Kevin Smith shaved his beard! He ditched the iconic facial fur for a shot in his new film, "Yoga Hosers." Now, I'm not suggesting it's news anytime

the "Clerks" director does anything hygiene-related, but the results here are pretty astounding. "Look at this goofy spaz," Smith says in the Instagram post revealing the change. Look at him, indeed.

## THE WORD

Ned Ehrbar takes on the world of gossip.



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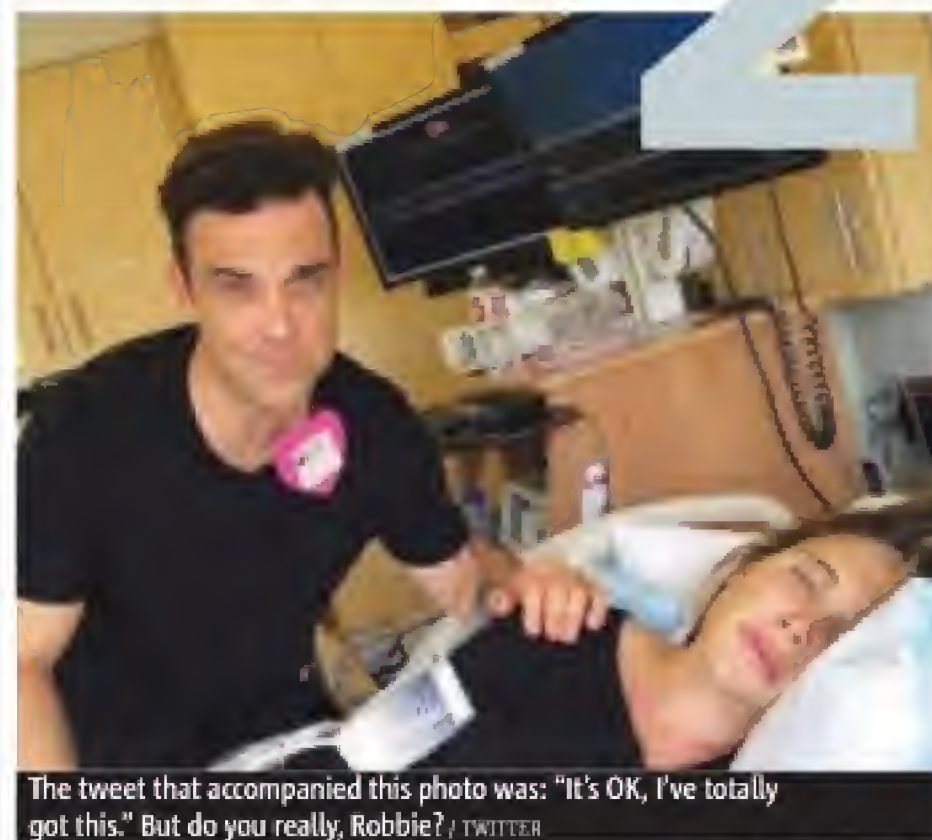
## Don't take advice from this man



I thought it had been a while since we'd had an installment of "Gene Simmons: Quote Machine," but fear not! The KISS frontman is back with a real doozy. He recently popped up on Fox News' "Trending with Andrea Tantaros," and this time he's speaking directly to the ladies in the audience. "Life is not a straight line, and I'm here to say women think differ-

ently than men. Men must work for a living. Women have the option of becoming the housewife, which is respectable and wonderful, but what happens when the man runs away?" Simmons opines. "Don't depend on them. Why should you? They don't depend on you for anything. The less you depend on a man for emotional and financial support, the better off you'll be." So let's all stop depending on each other and start making that money! The God of Thunder has spoken!

## Robbie Williams: Hey everyone, check out this very private moment

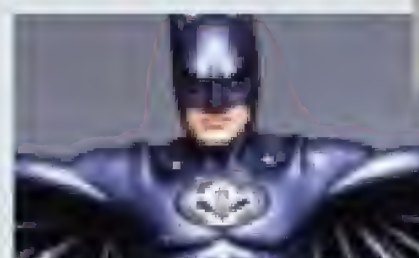
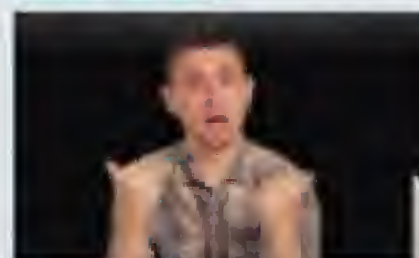


The tweet that accompanied this photo was: "It's OK, I've totally got this." But do you really, Robbie? / TWITTER

In this weird new Internet age, we live in public — some more than others. Take, for instance, British pop star Robbie Williams, who kept fans and 2.35 million Twitter followers updated on the regular as his wife, Ayda Field, gave birth to their second child earlier this week. He even managed to get video of her water breaking. Fun times! "So it's a quarter past 7, been here since 10 last night and I know you're

really concerned and worried and thinking about what's going on," Williams says in one video. "I need you to know I'm doing great." Judging by the photos, he was the only one. But the baby, a boy, did eventually make an appearance, and all is well. "I've never been more in love and I've never been more proud of my wife," Williams said in yet another YouTube update. "She's absolutely astonishing."

### Daily video



### 'Why Bat Nipples Are Awesome'

It is a truth generally accepted that Joel Schumacher's 1997 "Batman and Robin" — George Clooney's lone go-round as the Caped Crusader — is the nadir of the Batman franchise's 75-year history, and nothing has come to symbolize that low point more than the nipples Schumacher for some reason had added to the character's costume. But the folks at Dorkly aren't going to let that stop them from

trying to make sense of the superfluous areolas. In their new video, "Why Bat Nipples Are Awesome," they argue that the additions are actually amazing and make Batman that much more threatening. "Nipples on a man serve zero purpose except for sex. They're just an erogeous zone," the video argues, so the addition takes Batman's uniform from the just plain scary to the truly terrifying. "Instead of a bat-creature following you, it's more like a pro-justice, sex predator demon." Watch it at Metro.us!

### Twitter feed

Today, Johnny Knoxville knows about fashion, Chloe Grace Moretz is jonesing, Liam Payne should be sleeping, Bette Midler is worried about the children's toys and Jaden Smith is itching to launch a rap career.

@realjknnoxville: Sometimes tan leggings aren't a good idea, they're GREAT!!

@ChloeGMoretz: Seriously need a @soulcycle bike to ride when I'm outta town :( missing

@Real\_Liam\_Payne: How am I awake right now

@BetteMidler: Toys R Us pulled "Breaking Bad" action figures from the shelves. But where will Barbie get the amphetamines to keep her 2-inch waist?

@officialjaden: Dear Everybody Who Can Rap Better Than Me. Please Show Me. Cause I Got 2 Or 3 Albums In Stock Ready. You Just Give Me The Word.





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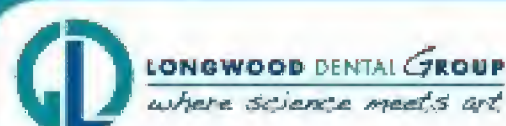
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MUSIC

10

# The sound of silence

**CMJ.** The joyous album that Ages and Ages are promoting came from a period of deep introspection.

When Tim Perry went into a 10-day meditation retreat, he says he wasn't consciously doing so to formulate all of the material for his band's latest album. But after more than a week without speaking to anybody or being spoken to, the songs that poured out of him formed the bulk of "Divisionary," the second full-length release from Ages and Ages.

When we speak with Perry, we're outside of a Brooklyn club, where the raised highway above is the best alternative to the music pumping out of the PA inside the club. Perry requests this setting though, because he's fighting a sinus infection and doesn't want to blow out his voice before the band's final show of the CMJ Music Marathon.

"About 99 percent of what we immerse ourselves in is missing the point, so I was just hoping to have some alone time to try to figure it out," he says. "It's really simple. It's almost boringly simple."

But the resultant music is far from boringly simple. Ages and Ages combine soul-searching lyrics with the harmonic exuberance of Fleetwood Mac, the personal vitriol of Elliott



Perry, left, rocks out with bandmates Rob Oberdorfer and Sarah Riddle during last week's CMJ Music Marathon. / ALLISON R. STEWART

### Where you've heard them before

#### On 'The Blacklist'

Ages and Ages got a boost when their song "Divisionary (Do the Right Thing)" recently appeared on "The Blacklist."

Perry seems pleased: "We've done other shows before, and I've always found it ... not anything I'd want to hang my hat on, but I was happy with the placement."

Smith and the rich production of The Shins.

The "Divisionary" album begins with a group sing-along statement of purpose. "Light Goes Out," which usually begins the band's shows. The refrain goes, "All I wanna say are the words with any meaning, and I'll be that way till the light goes out."

"I wanted to make a statement about what we do," says Perry. "and it's also battling the idea that discussing death and darkness is not the same as being morbid or negative. It's being honest."

And when the subjects of death and darkness are filtered through the six voices of the band members harmoniously

blending together, Perry's reasoning makes sense. There's a contagious joy onstage that spreads to the audience.

"In a world where a lot of negativity exists, and where some of the problems are just downright overwhelming, how do you carry yourself amidst that ... without falling into apathy or just giving up, or just getting depressed?" wonders Perry. "But at the same time without just saying 'f— it. I don't care,' and being maniacally happy about the next Taylor Swift single or whatever?"



PAT HEALY  
@metrousmusic  
[pat.healy@metro.us](mailto:pat.healy@metro.us)

## More CMJ highlights. Adult Jazz get 'a bit surreal'

When we meet with the members of the band Adult Jazz at a New York club during the CMJ Music Marathon, another act is doing a soundcheck. A vocalist starts (ironically?) singing Billy Joel's "Just the Way You Are." The "don't go changin' to try and please me" lyric leaks into the mic used to record our interview, and though the music of Adult Jazz has little in common with this soft rock classic, it's a strangely effective moment.

The band, whose members make their home in Leeds, England, where they went to college together, have been perfecting their aggressively unique sound since their freshman year. They won't go changin' to try and please anybody.



Don't imagine Adult Jazz are too familiar. We'll take them just the way they are. / PRESS HERE PUBLICITY

"It feels a little bit ridiculous that songs that we kind of started writing in a very vague and experimental sort of giving-it-a-go kind of way would ever give us a ticket to New York," says multi-instrumentalist Tim Slater. "It's been a bit surreal."

What makes Adult Jazz stand out is that the giving-it-a-go approach is apparent on their 2014 debut, "Gist Is," even after so many years of sitting with these tunes. The song structures are hard to define for the first several listens, and once you think you get it, the

abstract lyrics become apparent and give way to new mysteries. The pitch of the vocals is often shifted electronically so singer Harry Burgess sounds hardly human at times. Live, there is a spaciousness to the songs that becomes especially apparent when you see long intervals where one or more members won't be playing on a song.

"We are all not very comfortable plodding along and playing just one chord, so if we are not excited about it, people just kind of sit there until there's something they connect to," he says. "There's no point in obligatorily playing just because you don't want to have nothing to do."

PAT HEALY



# Q&A JIM GAFFIGAN SHARING A LOVE STORY (ABOUT FOOD)

**Interview.** The comedian may be opinionated about grub, but he's pretty easygoing when you get him on the phone.

Jim Gaffigan comes to the Wilbur for two shows tonight on the tour for his second book, "Food: A Love Story." The book covers all of his favorite food topics (McDonald's french fries; yes. Seafood; no.) with his trademark cheerful food-lover style. We caught up with him to talk about why he likes writing and whether people are still into that Hot Pockets joke.

**Why do you like talking about food so much?**

I don't even know why I ended up driven to food so much. I think comedians do what they do and find things that work, and I think I just found that food was a topic that I

didn't have to spend an enormous amount of time explaining what I was talking about. There was a simplicity to explaining it, and then I could have a strong opinion and everyone would be on board whether they agreed with me or not. Even if you say you don't like lobster in Maine, people aren't going to hang you.

Well, I

don't know if that's necessarily true. But there's really just a shorthand with food.

**Are people offended when you make fun of their town's food?**

Food is very provincial. There's an identity with it, but if you have a reasoning behind it and you're funny, in the end, as long as you're funny about it, that's really what matters. It's not that divisive. It's not like I'm attacking the Red Sox or something like that.

**You know better than that.** That wouldn't be a good idea.

**Did your writing process change for this book?**

The process of writing essays is so different from stand-up. Stand-up is all about the shortest way to the funny, whereas essay writing, you really have to paint a picture, and you don't have the advantage of vocal inflections

## Trademark jokes

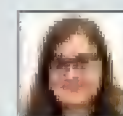
### The staying power of Hot Pockets

**Why are people so into the Hot Pockets joke?**

I don't know! I think a lot of it's luck. It's the timing of when I started to do it and it's that I got to do it before other comedians did, but I don't know. Who knows? When the Hot Pocket thing first started taking off, I remember thinking, "Oh, this'll go away," because I used to have jokes on the manatee, and I thought, it's just going to be like the manatee. It's eventually going to disappear. But there's still a lot of people, where [the Hot Pocket jokes are] kind of their avenue into my comedy. And there's [still] people coming along. I see in my Twitter feed, it's like, "Have you seen this comedian's joke on Hot Pockets?"

**Do people still yell "Hot Pockets" at you when you walk by?**

Yeah, definitely. I did the "Today Show" this morning and I walked by and someone yelled it.



LISA WEIDENFELD  
@LisaWeidenfeld  
lisa.weidenfeld@metrc.us

or facial reactions. But for the second one, I thought it was gonna be a lot easier. They were so different, because one of them was how my life has changed by being the father of five children and this one was just presenting an assignment of, like, "What is my point of view on crackers?" and writing an essay on crackers.

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## The Weekly Yelp. Halloween hangover restaurants

Sexy fill-in-the-blank costume, pressed and hung; bowl full o' fun-size candy on the front porch and the Uber app at-the-ready for designated driving — you're ready for Halloween! Plan for the morning after with these hangover cures.

### The Breakfast Club

**270 Western Ave., Allston**  
I used to live two blocks up the street for the better part of five years and we frequented The Breakfast Club as our

greasy hangover remedy. I live in the North End now but find myself heading to Allston on occasional mornings to grab "The Janitor" and some coffee on the way to a morning meeting or to the office. **BRIAN A.**

### Dave's Fresh Pasta

**81 Holland St., Somerville**  
Fantastic! The sandwiches, the sauces, the cheeses, the

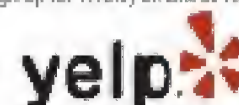
pastas, the salads — I would recommend the Brazilian Hangover Helper if you like mortadella and ample red onion (hot peppers add a little kick). The Steak and Blue, Cubano and French Ham are my other favorites. **MAX Z.**

### Seoul Soulongtang

**1245 Comm. Ave.**  
The soulongtang was deli-

cious once seasoned with scallions and salt (very meaty — almost creamy) and definitely appropriate for comfort food, whether for illness, pregnancy or a hangover. **WINI H.**

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## BILL BLUMENREICH PRESENTS THE WILBUR



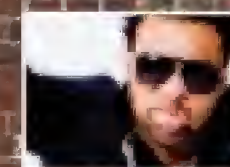
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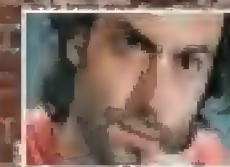
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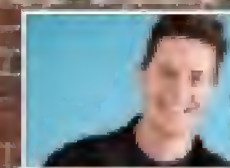
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BOYISH GIRL INTERRUPTED

NOVEMBER 8



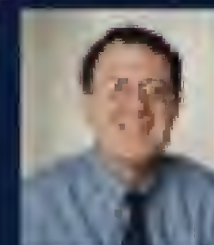
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## 2014 Prather Lectures



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Center for Genome Sciences & Systems Biology  
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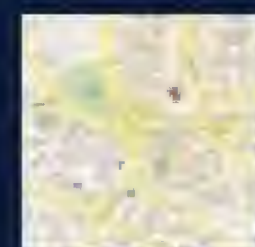
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DIY

"A good first project is putting handles on your cabinets," Finan says. "You're just drilling holes and screwing handles on."

Everyone hates when cupboard doors slam shut. "Replace regular hinges on doors of cabinets with soft-closing hinges, which are easy to put on," Finan says. She suggests checking Rockler.com for options.

Tip

### Corral your seasonings

Instead of having your garlic powder, tarragon and nutmeg haphazardly placed in a cabinet, invest in a spice insert drawer. "It allows spices to lay in a drawer horizontally, and you can see them all," Finan says. "Plus, it frees up your upper cabinets for cups, glasses and cereal bowls — which is really what they are made for."



PIRE

We're really loving white cabinets and tiles for the kitchen. / PHOTOS.COM



Keep handy

### Essential instrument

The one thing every woman should have in her tool belt, according to Finan, is a cordless drill. "Every girl ever born should just come with a cordless drill," she says. "It's that critical." She loves them because they're small and lightweight and get just about any job done. "You can hang pictures, put in shelves — sky's the limit," says Finan. "It's great for any project, and you can find one for \$100 or less."



# Design a kitchen you love

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| Nexium 40mg         | 90          | 104.99 | Ranexa 500mg      | 100         | 84.99  |
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| Entocort 3mg        | 100         | 104.99 | Flovent 125mcg    | 360         | 109.99 |
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**Advice.** Camille Finan says that women need contemporary cabinets and a cordless drill.

explains Finan. "They have a very different way of approaching kitchen design." From hiring the right contractor to staying within budget, she give us advice from the female perspective.

### Drawers make a difference

For the perfect kitchen remodel, the most revolutionary adjustment is how you handle your base cabinets. Put in base cabinets with drawers instead of doors, stresses Finan. "It's the single biggest change that will make the most dramatic impact in your kitchen," she says. Wouldn't it be nice to just look down instead of digging in the back corner trying to find what you need?

### The bigger, the better

Bigger handles on your cabinets are more accessible and just plain easier than tiny ones, explains Finan. She almost always uses a pull 6 inches or larger.

### Bare essentials

"People keep things they don't use very often right next to stuff they use every day to make their grilled cheese or scrambled eggs," says Finan. "Take out things like Christmas plates and store them somewhere else."

MOLLY CONGDON  
@MetroBOS  
letters@metro.us

Survey says:

### Time to stock up on candy

Apartment.com released the results of a survey asking 1,200 renters across the country what they're doing for Halloween. The verdict? Probably handing out some chocolate candy: Forty-one percent said they were planning to have candy at the ready for trick-or-treaters, and of those people, 73 percent

said they were going to hand out chocolate candy. Fifty-eight percent of people handing out food wisely said they'd planned to get candy they would want to finish off themselves after the holiday.

And for those who are planning to get a little festive themselves, it seems the most popular costume is a witch. We think you can do better than that, guys. LISA WEIDENFELD



We go for the Reese's.  
YSTOCK RF



# FAST TIME-LAPSE PHOTOGRAPHY MADE EASY WITH HYPERLAPSE

## Hyperlapse

**Price:** Free

**Platform(s):** iOS

In 1982, monk-turned-filmmaker Godfrey Reggio wowed moviegoers with "Koyaanisqatsi," a maximalist art film whose centerpiece was a 15-minute block of time-lapse photography — a camera trick that made various parts of urban life look like it was in fast-forward. It was a laborious and impressive undertaking.

And as with most things wondrous, now you can do it with ease on your smartphone, for free.

The new app Hyperlapse was created by the makers of Instagram, which as already rendered professional photographers obsolete by giving everyone an army of photo-improving filters. With Hyperlapse, you don't have to do anything but

aim your camera at a thing you want to time-lapse — a setting sun, you zig-zagging down the street, a cat doing something catlike — tap the screen once, then tap it again when you're done.

You don't even have to keep your hand completely still — there's an automatic digital stabilizer built in.

Is this evil, or an offense to professionals? Yes.

Is it cool anyway? Yes, that, too. Some of the guilt of normalizing a trick so spectacular — if, it should be noted, long overused, thanks to commercials and endless copycats — is lessened by the app's time limitations.

Hyperlapse only allows for just over five minutes of shooting, which boils down to about 50 seconds of video. Meanwhile, Instagram only allows shared videos to run 15 seconds.

And despite being an offshoot of the social media



Here are stills from our own Hyperlapse video. Visit [www.metro.us](http://www.metro.us) to view it. / METRO



app, Hyperlapse isn't social.

If you want to post and communicate with others, you'll still have to head over to Instagram.

But hey, you've still made a film. Put that masterpiece on YouTube.



**APP APPEAL**  
**MATT PRIGGE**

[matt.prigge@metro.us](mailto:matt.prigge@metro.us)

## Alternatives

### Sorry, Androiders

If you're on Android and really want in on this game, you can find non-Instagram alternatives. The best of these is the elegant Framelapse, which also allows users to do things such as use white balance to really bring out the colors. You can also go with Lapse It or Overlapse.

## To the past

### A brief history of time-lapse

The details of time-lapse photography are simple: All you're doing is shooting fewer frames than normal. If 30 frames constitute a second, only one of those is captured. Indeed, the technique has been around almost as long as cinema. Georges Méliès used it in his 1897 "Carrefour de l'Opera." It was a fixture of avant-garde films and used in movies such as "A Clockwork Orange."

## Beauty

### If eight hours of sleep is a joke

There are times when exhaustion is unavoidable: crazy work deadlines, red-eye flights and sick babies. And sadly, it shows. For days after, your skin is a mess, dull, dry and a depressing sidewalk-gray hue.

Enter La Mer's Intensive Revitalizing Mask. The eight-minute treatment — packed with moisture-rich goodness

like the brand's secret Miracle Broth (a blend of antioxidants and marine ingredients) along with free radical-fighting lime tea concentrate and glacial kelp — instantly perks up your tired complexion. Your skin will glow like you've just returned from a weekend jaunt to Big Sur rather than a tortur-



ous Swedish Fish-fueled all-nighter.

And the process is simple. Apply the soothing grapefruit- and mint-scented mask in circular strokes, and after eight minutes, wipe up any excess with a tissue. Then face the world like the past few days were, you know, no big thang. **TC**

## Shop

### Comfy and stylin'



Who says stylish shoes have to hurt? Sure, sneakers and slip-ons are having a moment, even making their way into spring 2014

runway shows for the likes of Dior and Chanel. But now brands typically known for their comfort — not fashion-forward aesthetic — are stepping up their style game. Here are two we can't wait to rock. **TC**

**NATURALIZER BROMSTAD TANYA BOOT**  
\$159.90, [NATURALIZER.COM](http://NATURALIZER.COM)

**AEROSOLES SALTWATER LEOPARD SNEAKERS**, \$69, [AEROSOLES.COM](http://AEROSOLES.COM)

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## Study. Cocoa compound keeps the brain young

Columbia University scientists have a treat for chocolate lovers, announcing a new study that found flavanols, an antioxidant in cocoa, can sharpen your memory even after natural age-related decline has begun.

Memory actually begins to degrade in early adulthood, but it doesn't begin to impact daily life until after age 50 or later. Previous research has linked changes in a part of the brain called the dentate gyrus with memory issues, but this study strengthened that link, implicating these changes as the cause of memory problems, not merely an effect of them.

This research also for the first time provided evidence that these changes can be reversed through diet.

For the study, 37 participants between ages 50 and 69 drank a cocoa flavanol-enhanced beverage that had been created specifically for the experiment. The drink was developed by Mars, Incorporated; ironically, flavanols tend to be lost during most modern methods of cocoa processing, the study noted.

The participants were assigned either to a flavanol-rich

### Cocoa's benefits

Previous studies have shown the flavanols in cocoa boost health in several ways:

- Improved thinking
- Decreased appetite
- Lower blood pressure
- Kept weight down in a high-fat diet
- Improved glucose tolerance

(900mg) or low-flavanol (10mg) diet for three months. Those getting the super dose were shown to have greater circulation in the dentate gyrus and performed significantly better on an exercise to test memory.

"If a participant had the memory of a typical 60-year-old at the beginning of the study, after three months that person on average had the memory of a typical 30- or 40-year-old," said Dr. Scott A. Small, director of the Alzheimer's Disease Research Center at Columbia.

EVA KIS



Chocolate is a proven brain food. / GETTY IMAGES

# November reign



Mark Hedstrom says his mustache starts looking good around Day 28. / PROVIDED

### Live better

- 1 Start talking**  
In his experience with friends dealing with depression and anxiety, Hedstrom said pushing them to get help is vital, but so is simply being available to talk with them when smaller things happen.
- 2 Get educated**  
Face the risks and know what you can do to minimize yours.
- 3 End the stigma**  
Recognize emotional and mental issues as valid and learn the necessary coping mechanisms.

## November. Support men's health with a monthlong mustache.

As far as lifestyle changes go, committing to a mustache is not huge. But Mark Hedstrom hopes that it can grow — pun intended — into something major.

Hedstrom heads up the U.S. Movember campaign, which began in Australia 11 years ago over a conversation about fashion trends between two friends who "challenged each other to grow mustaches and were quite surprised by the conversations that they started." Movember now spans 21 countries and has raised \$550 million for men's health initiatives.

Though it never resur-

### Raising awareness

#### Prostate cancer

The second most common cancer in men, with 220,000 new cases each year in the U.S. and 32,000 deaths.

#### Testicular cancer

"[It's] highly survivable if caught early, but the challenge is there are still about 500 to 600 U.S. men who die from the disease each year."

#### Mental health

This year's campaign emphasizes managing psychological issues such as depression, anxiety and stress.

faced after the early '90s in pop culture, facial hair has been on the rise as a niche fashion trend in recent years, with Brooklyn's hipsters forging the path to redeeming the often sketchy reputation of beards and mustaches. Though they sport facial hair year-round, Hedstrom says they actually embody this year's Movember campaign. "The theme this year is 'Made in Movember,' this idea of acting in a local environment but thinking globally. So when you look at these guys in Brooklyn and Seattle who have beards, mustaches, facial hair, it all comes from this idea of reconnecting with the community."

Ladies, whether wives, girlfriends, sisters and mothers, can get involved as Mo Sistas. After all, they're usually the ones making a differ-

ence in men's health. "Often-times, women are the ones who are much more comfortable talking about both physical and mental health issues," such as family history of cancer and mental health problems, he said.

Hedstrom, 41, is still honing his game plan for this year's Movember. He typically doesn't have facial hair, which his wife prefers, but for one month they become Team 'Stache.

"She helps me pick out my mustache," he said. They also collaborate on a costume (the Mario Brothers made an appearance one year) for Movember's gala at the end of the month. "For me, Day 28 is when it starts looking good."



EVA KIS  
@thisiskis  
evakis@metro.us

### Three famous mustaches

#### Tim Lincecum

Every sport has its fashions and superstitions, but perhaps nowhere

else do those two combine for memorable experiments in facial hair than baseball. Most recently, 30-year-old San Francisco Giants pitcher Tim Lincecum has experimented with various facial hair styles since a series of lackluster seasons after winning a Cy Young Award in 2009, but it



was a mustache that saw him pitch a second no-hitter in less than a year in June. It may not be a robust mustache, but it's got it where it counts.

#### Tom Selleck

He's the beacon of hope for any man whose decision to grow the facial accessory has been called into doubt. His 'stache made its debut on "Magnum, P.I." and Selleck hasn't been without it



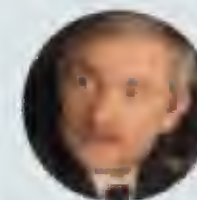
since — CBS balked when he suggested shaving it off to play a police commissioner on "Blue Bloods." Esquire magazine estimated that it would take five months to grow a similar one — good luck.

#### John Watson

Trying to move on from a traumatic event often involves a major change: moving apartments, changing jobs or taking up a new habit. For Sherlock Holmes' partner John Watson on BBC's "Sherlock,"

it meant growing what became known as a

"mournstache" after the detective faked his death in the Series 2 finale. Not that Watson would admit his 'stache represented his feelings — when quizzed by his fiancée about why he was shaving it off after Holmes returned and made insulting it his first order of business, he declared, "I don't shave for Sherlock Holmes." Yes, you can get that on a T-shirt.



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## Horoscope

**♏ Scorpio | Oct. 23-Nov. 21.** Friends will question what you are trying to accomplish. Your impulsive nature and effervescent disposition will attract attention.

**♐ Sagittarius | Nov. 22-Dec. 21.** It's vital that you keep meticulous records of your expenditures. You work hard, but money has a way of slipping through your fingers if you become too complacent.

**♑ Capricorn | Dec. 22-Jan. 20.** You will have to decide whether a romantic relationship has become too one-sided. If you do not share the same depth of feeling, a talk is in order.

**♒ Aquarius | Jan. 21-Feb. 18.** Trust your intuition if something doesn't feel right, and make the necessary alterations. Use discretion, and refrain from being too forthcoming with your opinions.

**♓ Pisces | Feb. 19-March 20.** An unusual creative project will get you heading in a new direction. Not only will you make new acquaintances, but you will also discover abilities and skills you didn't know you had.

**♈ Aries | March 21-April 20.** Find a quiet corner where you can reflect on your personal life and explore your emotions. Soul-searching will give you a better understanding of your motivations, needs and wants.

**♉ Taurus | April 21-May 21.** Let your charm lead the way. New friendships will develop if you mingle. Attend events that bring you into contact with those who share your favorite pastimes.

**♊ Gemini | May 22-June 20.** Read the fine print. Make sure you understand what's included and what isn't. It's up to you to be diligent and to ask questions before you sign on the dotted line.

**♋ Cancer | June 21-July 22.** You may be feeling anxious or temperamental. You won't be helping anyone if you fly off the handle. Keep your opinions to yourself for now.

**♌ Leo | July 23-Aug. 22.** Things will improve if you work alone. You will accomplish more without distractions or interruptions and if you eliminate jobs that have been put on hold for too long.

**♍ Virgo | Aug. 23-Sept. 22.** Take advantage of your high energy and clear thinking so you will be able to accomplish your goals and open up time to do things you enjoy.

**♎ Libra | Sept. 23-Oct. 22.** You will face ups and downs regarding family matters. Listen to complaints and work to rectify the problems that exist before they have a chance to escalate. **EUGENIA LAST**

## Letters

## Trade has good effect on nation, whole world

Through trade, the U.S. makes and keeps ties with various nations around the world. Worldwide, the standard of living has been improving in countries large and small. The conditions are not perfect, but they are getting better over time. In terms of business, throughout the world there is a balance that provides U.S. corporations and companies with opportunities. When U.S.

prices are up, construction and technical projects get put on hold, while some other world locations have lower prices, construction and technical projects get thrown into action and vice versa. Investments work very much in the same fashion. When Asia or Europe is down, the U.S. is up, and when the U.S. is down, the other markets are up. With a balanced investment portfolio, the losses across the board of the markets, will not affect the individual investments to a large degree. What does affect the overall is people panicking and selling without any real thought or reason. A

balance between exports and imports is important in order to maintain fair trade.

There are rules and checks in the U.S. to ensure that dangerous chemicals are not in the incoming goods. Usually, the quality of the imports is at safe levels. Also of these, some imports are offered to the U.S. consumer at a lower price, which enables a great many less fortunate citizens a financial break when shopping. World trade overall has a positive effect on the world economies, and in turn on our great nation.

**ANDREW FEINSTEIN, VIA EMAIL**

## Poehler worth reading about

**Re: '3 things Amy Poehler gets real about in her book "Yes Please" (Metro, Oct. 28)**  
I just love Amy Poehler. I will definitely read her book. Reading an experienced, mature and realistic account that is funny can add a lot of wisdom and laughter in our lives.

**NIALEE, VIA EMAIL**

**letters@metro.us**



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

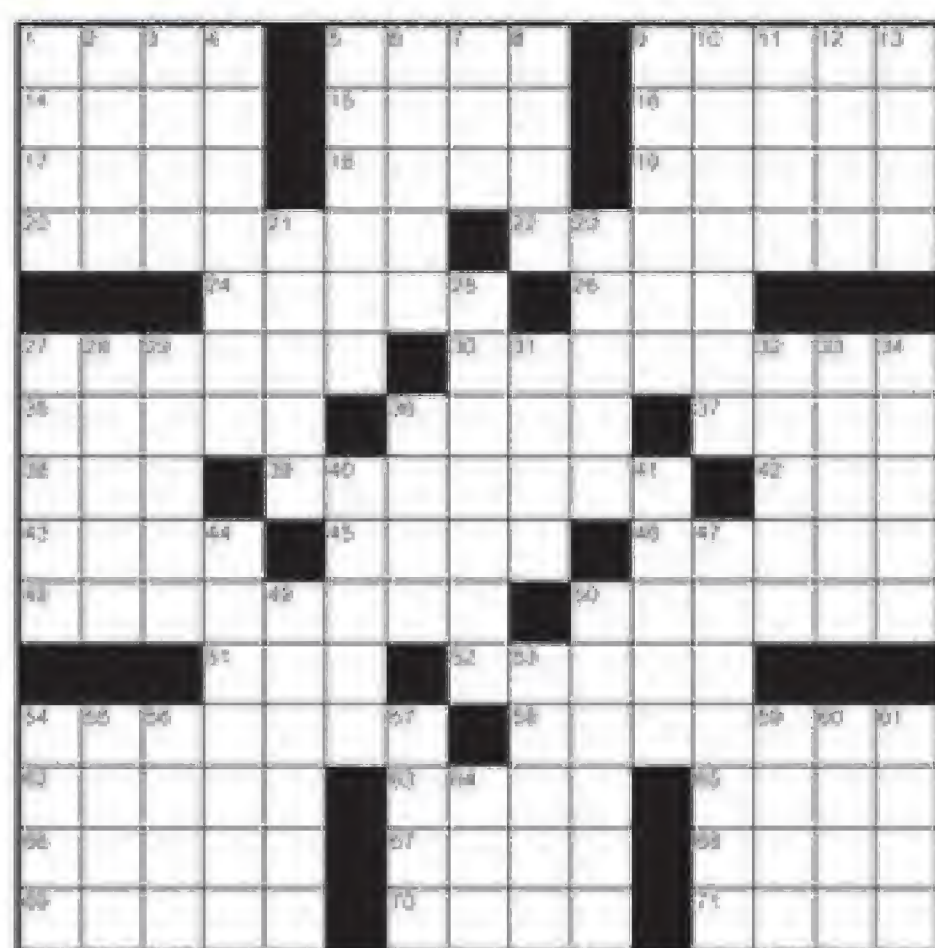
|   |   |   |  |   |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|---|
| 5 |   |   |  | 2 | 8 | 6 |   | 9 |   |
| 4 |   |   |  | 7 |   |   |   | 6 |   |
|   | 6 |   |  |   |   |   |   | 3 |   |
| 9 |   | 5 |  |   |   |   |   |   | 1 |
| 6 | 3 |   |  |   | 5 |   |   | 8 | 9 |
| 1 |   |   |  |   |   |   | 2 |   | 6 |
|   | 4 |   |  |   |   |   |   | 1 |   |
|   |   | 8 |  |   |   | 9 |   |   | 3 |
|   | 5 |   |  | 6 | 7 | 1 |   |   | 2 |

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 6 |   | 4 |   | 9 | 8 |   |   |   |   |
|   | 2 |   | 4 |   |   |   |   | 7 | 9 |
| 9 |   | 1 |   |   |   | 2 |   |   |   |
|   |   | 5 | 8 |   |   |   |   |   |   |
|   | 3 | 8 |   | 5 |   | 7 | 1 |   |   |
|   |   |   |   |   | 1 | 8 |   |   |   |
|   |   | 6 |   |   |   | 4 |   | 7 |   |
| 3 | 4 |   |   |   | 7 |   | 8 |   |   |
|   |   |   |   | 1 | 4 |   | 3 |   | 5 |

## How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



## Across

- 1 Large fishhook
- 5 Gangplank
- 9 Tournament of yore
- 14 Iai —
- 15 Brink
- 16 Shin neighbor
- 17 Valhalla honcho
- 18 Play charades
- 19 Bierstube order
- 20 Town in oaters
- 22 Not just snacks
- 24 Costume
- 26 Debussy subject
- 27 Reeks
- 30 Imputes
- 35 Kind of gun
- 36 Levee
- 37 Vaccine type
- 38 Flair for music
- 39 Floppy-eared pooch
- 42 Take advantage of
- 43 Love, to Picasso
- 45 RBI raisers
- 46 Added brandy
- 48 Hydrant hookup

50 Rolls with holes

- 51 Favorite —
- 52 Serious theater
- 54 Prairie howlers
- 58 Solo
- 62 Out of the cocoon
- 63 Beat the rap
- 65 Smoked salmon
- 66 Fill the bill
- 67 Nautical position
- 68 Fool mood
- 69 Late summer flower
- 70 Ptarmigan
- 71 It may be tall

## Down

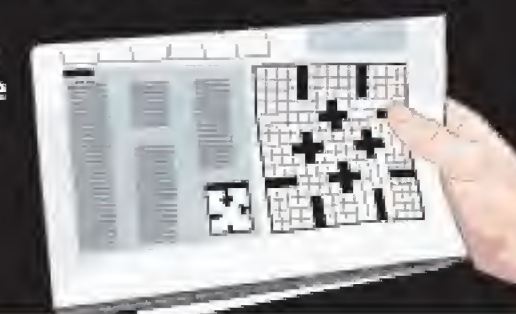
- 1 London hoosgow
- 2 "Hawkeye" Pierce
- 3 Carnival



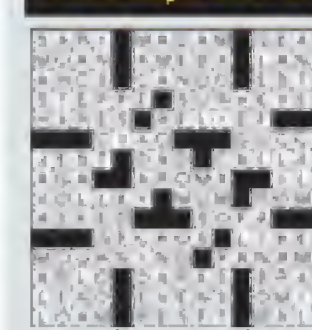
- 4 Wheedle
- 5 Pays by mail
- 6 Farewell
- 7 Movie studio
- 8 Look searchingly
- 9 Reddish mineral
- 10 Smallest Great Lake
- 11 Luau strings
- 12 Gill opening
- 13 Wallet stuffers
- 21 Canasta combos
- 23 Game-show host
- 25 Put a coat on
- 27 Grain bundle
- 28 Florida port
- 29 Goof
- 31 Snowshoes alternative
- 32 Lee or Willis
- 33 Canvas support
- 34 Iditarod vehicles
- 36 Rostrum
- 40 Stay in touch
- 41 Altiplano ruminant
- 44 Willpower
- 47 Opposed
- 49 More sultry

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



## Yesterday's answer



- 50 — on (relied)
- 53 It inches along
- 54 Juan's house
- 55 Lyric poems
- 56 Mongol dwelling
- 57 Q-Tip
- 59 Portuguese lady
- 60 Fiendish
- 61 Sticky fruit
- 64 "Float like a butterfly, sting like a bee" boxer

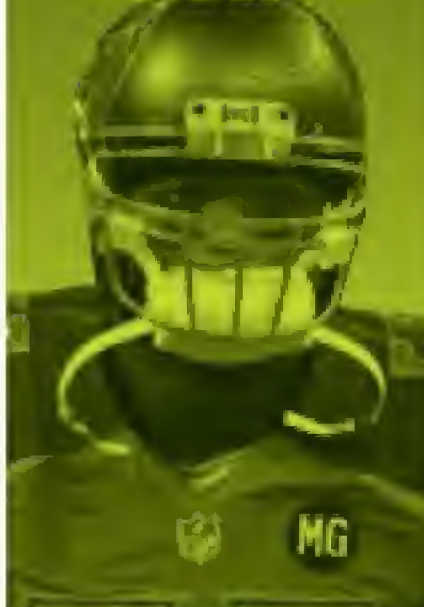


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# 3

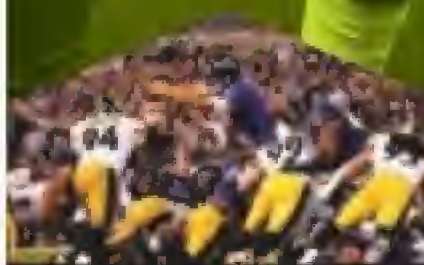
## SPORTS



NFL

### Patriots add LB Casillas at deadline

The Patriots hit up their favorite NFL farm team again on Tuesday, as linebacker and special teams specialist Jonathan Casillas became the latest Tampa Bay Buccaneer to relocate to Foxboro. The Patriots sent a fifth-round pick to the Bucs in exchange for Casillas and a sixth-round pick just prior to the league trade deadline. Casillas had 23 tackles with the Bucs last season but just five this year. The 27-year-old Wisconsin product played the first three years of his NFL career in New Orleans. Current Patriots Darrelle Revis and Tim Wright played last season with Tampa Bay and the Pats made a deadline deal with the Bucs two years ago to land Aqib Talib.

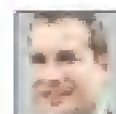


Visit **Metro.us** to see the complete NFL Week 9 schedule for this weekend.

# Celts players to watch for in 2014-15 season

**NBA** The rebuilding Celtics should see a sharp improvement in Year 2 of the Brad Stevens era.

The days of the full-fledged tank job appear to be over for the Celtics. Whether or not that's a good thing, if you're a C's fan, is a subjective conversation. Last season, many Boston fans were openly rooting for the C's to lose as many games as possible in order to obtain one of the top few picks in the 2014 NBA draft. Brad Stevens' club didn't exactly oblige as they rarely embarrassed themselves and even had a 12-14 record around Christmas time. In February, when teams like the 76ers and Bucks were racking up loss after loss, the anti-tank Celtics had a record of 5-6 during the month. This year's draft is not nearly as enticing, so winning basketball games could actually be celebrated by the TD Garden crowd this winter. Here are three players that fans should keep close tabs on in 2014-15:



MATT BURKE  
@BurkeMetroBos  
matt@metrobos.com



RAJON RONDO IS ENTERING THE FINAL SEASON OF HIS CONTRACT.  
GETTY IMAGES

### Rajon Rondo

There is great team and individual intrigue with the 2014-15 C's. Is this an 18-win team or could they surprise and finish with an above .500 record? Is Rajon Rondo an oft-injured, overrated point guard or is he in the class of a Chris Paul, Derrick Rose or Tony Parker? Danny Ainge no doubt hopes it's the latter, as he contemplates whether to resign the guard or trade him away with a higher stock than he currently has. Ainge

was probably wise to hold on to No. 9 this past summer considering other NBA executives were likely less than impressed by Rondo's output last season. Rondo was still recovering from a right ACL tear and he finished with an underwhelming stat line of 11.7 points, 9.8 assists and 5.5 rebounds per game. While those numbers are somewhat consistent with his career numbers, last season was Rondo's first as the Celtics' undisputed leader. In the 30 games Rondo played last season, he finished with less than 10 points 13 times.

### Marcus Smart

One of the reasons Ainge could trade away Rondo is the presence of rookie Marcus Smart. The No. 6 overall pick in the 2014 draft could get the start at point guard Wednesday night against Brooklyn, if Rondo is unable to go due to his left hand injury. Smart should quickly establish himself as a fan favorite due to his bullish defense. When Avery Bradley is on the floor with Smart, it could give the Celtics one of



Marcus Smart was the sixth overall selection in the 2014 NBA Draft. / GETTY IMAGES

the top defensive backcourts in the NBA. Smart can score when asked, as he finished with a team-high 16 points in the Celtics' preseason finale victory over the Nets a week ago, but his 3-point shooting remains suspect. There is the feeling, though, that Smart could be the "next great Celtic" if his offense catches up with his defense. Smart averaged 18 points per game in his final season at Oklahoma State, a year after posting 15.4 points per game as a freshman.

## NBA. C's will be mixing and matching their rotation throughout the season

If Rajon Rondo can't go Wednesday against Brooklyn, it'll be rookie Marcus Smart, who gets the start at point for the C's. Smart earned the potential start over fellow newcomer Evan Turner, who can play both point and shooting guard. Speaking of 2-guards, Avery Bradley comfortably holds down that spot after signing a four-year, \$32 million contract over the summer. The C's love Bradley's defense, but he's also improved his scoring numbers in each of his first four seasons, and looks to have an even bigger role in the offense this season.

At small forward, Jeff Green is the guy. Green led the Celtics in overall scoring last season,

### By the numbers

## 5.7

Avery Bradley saw his scoring average climb 5.7 points from the 2012-13 to 2013-14 season as he pumped in 14.9 points per game last season. Bradley is entering his fifth season in Celtics green.

but has failed to put up big numbers on a consistent basis. He'll need to be aggressive to stay on the court. If not, look for Turner to eat up some of his minutes. Stevens can't be married to a particular lineup with so many moving parts and so many hungry, young players.

The power forward and

center spots will be a mix-and-match, much like it was last year, but Kelly Olynyk and Jared Sullinger should hold down those positions at the beginning of games, at least. Sullinger's shooting was the biggest plus this preseason, and Stevens has said that he could be their best offensive player.

As for the rest of the rotation, Turner will be one of the first players off the bench, along with Brandon Bass. Bass could find himself squeezed out of some minutes if Stevens elects to stay young, though. Marcus Thornton, another C's newcomer, can provide instant offense in the backcourt.

JAMES TOSCANO



JAMES YOUNG  
GETTY IMAGES

### James Young

Smart has received the most attention of any Celtics rookie since the draft, but James Young should certainly still be on everyone's radar. The 19-year-old was drafted 11 spots after Smart and there's plenty of reason to believe that he could be — at the very least — an NBA starter. The 2013 McDonald's All-American averaged 14.3 points per game in his only season at Kentucky and helped the Wildcats advance to the NCAA National Championship game. Young's thunderous "And-1" dunk against UConn was one of the more memorable plays of the entire NCAA tourney. In addition to his dunking abilities, Young has a silky-smooth, lefty stroke from beyond the 3-point line.



Avery Bradley has the starting shooting guard position likely locked down.  
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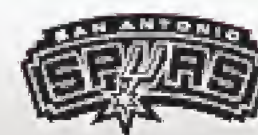


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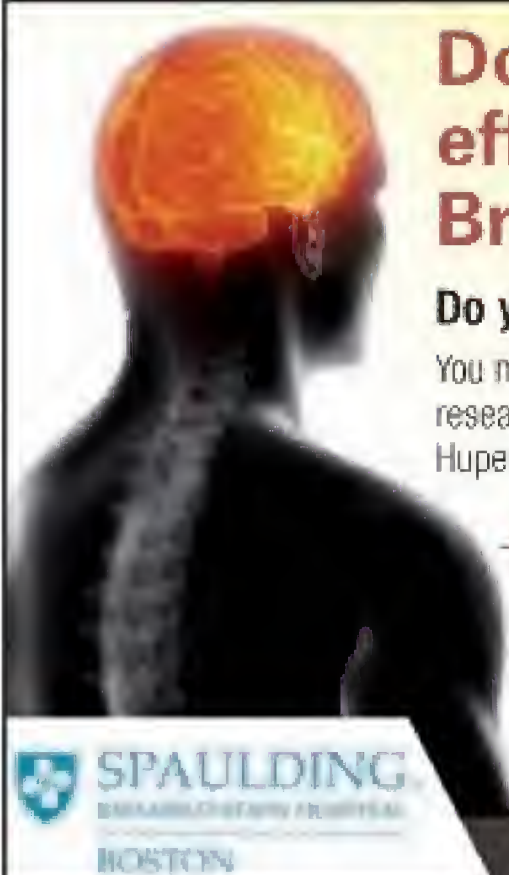
Participants must meet the following criteria:

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- Not pregnant or breastfeeding

### Study Information:

- Up to 4 month in duration
- 6 outpatient visits scheduled
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For more information, contact Laura A. Burns, MBA  
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## MEDICAL RESEARCH

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You will be compensated for participation.  
If you would like to learn more about this study, please call: SkinCare Physicians

**Joanna 617-848-1641**

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Diagnosed with myopia or its symptoms  
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#### Study Information:

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Study related professional eye exams at no cost  
Soft contact lenses and/or eye glasses will be used and provided at no cost  
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Study will be done at our Boston office. To get more information please call 617-412-4873 (office)

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### Have you been diagnosed with BIPOLAR DISORDER? Are you currently DEPRESSED? Are you between the ages of 21 - 65?

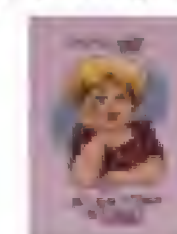
If so, you may be eligible to participate in a research study at McLean Hospital on the effects of Low Field Magnetic Stimulation for bipolar depression. Participation involves a screening visit and three 20-minute treatments with our LFMS device.



Participants can be compensated up to \$275.

If interested, please contact Sierra at 617-855-4433 or [lfms@mclean.harvard.edu](mailto:lfms@mclean.harvard.edu)

### Do you have HOT FLASHES?



If you are a menopausal woman (irregular or no periods), ages 40-65, with hot flashes, you may be eligible for a research study evaluating if a non-hormonal medication helps relieve menopause-related symptoms.

Women who participate will be compensated up to \$150 and receive study medication at no cost as well as monitoring of their menopausal symptoms. For your convenience, you can participate at either Massachusetts General Hospital or Brigham and Women's Hospital.

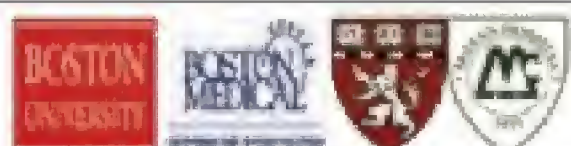
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The yoga in this study is designed for beginners.

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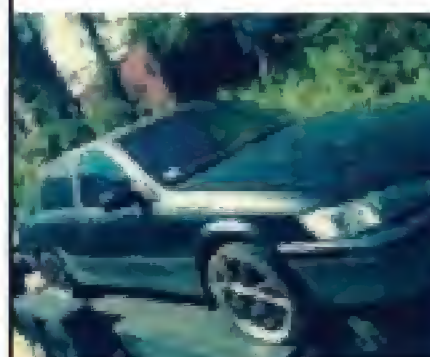
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## LEGAL NOTICES

### INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P2356EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: George Darden  
Date of Death: 8/30/2010

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Patricia Ruscak of Williamsburg, VA. Petitioner Patricia Ruscak of Williamsburg, VA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

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**INFORMAL PROBATE APPLICATION NOTICE**

Docket No. SU142358EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Emma Allie Givens  
Date of Death: 8/27/2008

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
**(617) 738-0300**

To all persons interested in the above captioned estate, by Petition of Petitioner Clarence Givens of Lancaster, TX, Petitioner Clarence Givens of Lancaster, TX has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE APPLICATION NOTICE**

Docket No. SU14P2446EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Annie Earl Jones  
Date of Death: 3/23/2005

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
**(617) 788-8300**

To all persons interested in the above captioned estate, by Petition of Petitioner Jeffrey Everett of Miami, FL. Petitioner Jeffrey Everett of Miami, FL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE APPLICATION NOTICE**

Docket No. SU142443EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Eleanor F. Mascoto  
Date of Death: 1/26/2009

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
**(617) 798-8300**

To all persons interested in the above captioned estate, by Petition of Petitioner Brigida Alonzo of East Hanover, N.J. Petitioner Brigida Alonzo of East Hanover, NJ has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.



Legal Notices

Legal Notices

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P2290EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Alice M. Bauer  
Date of Death: 5/26/2010

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Jacob Chojnacki of Romeoville, IL. Petitioner Jacob Chojnacki of Romeoville, IL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P2305EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Uili Talimao  
Date of Death: 01/16/2012

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Aiga Talimao of Portland, OR. Petitioner Aiga Talimao of Portland, OR has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU142349EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: James Gordon Carter, III  
Date of Death: 6/1/2010

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Leslie Carter of New Orleans, LA. Petitioner Leslie Carter of New Orleans, LA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P2439EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Willie James Lovette  
Date of Death: 12/08/09

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Vandella Lovette of Greenville, NC. Petitioner Vandella Lovette of Greenville, NC has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

Legal Notices

Legal Notices

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P2352EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Eva Joyce Bynum  
Date of Death: 8/2/2011

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Anthony Bynum of Largo, FL. Petitioner Anthony Bynum of Largo, FL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P2368EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Betty Ellen Coffey  
Date of Death: 10/6/2009

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Samuel Coffey of Laconia, IN. Petitioner Samuel Coffey of Laconia, IN has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU14P2364EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Beatrice E. Hatcher Floyd  
Date of Death: 7/9/2010

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Donald Floyd of Palatka, FL. Petitioner Donald Floyd of Palatka, FL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

**INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. SU142440EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Estate of: Donald Lee Johnson  
Date of Death: 7/28/2008

Suffolk County Probate and Family Court  
24 New Chardon Street, Boston, MA 02114  
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Mark A. Johnson of Kathleen, GA. Petitioner Mark A. Johnson of Kathleen, GA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

Legal Notices

Legal Notices

**MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE**

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Lissa Davidson and Larry Davidson to Bank of America, N.A., dated March 26, 2007 and recorded with the Suffolk County Registry of Deeds at Book 41544, Page 50 subsequently assigned to Christiana Trust, A Division of Wilmington Savings Fund Society, FSB, not in its individual capacity but as Trustee of ARLP Trust 3 by Bank of America, N.A. by its Attorney-in-Fact Cowen Loan Servicing LLC., by assignment recorded in said Registry of Deeds in Book 52581, Page 50; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 12:00 PM on November 5, 2014 at 139 Intervale Street, Unit 1, Boston (Dorchester), MA, all and singular the premises described in said Mortgage, to wit:

Unit No. 1 of 139 Intervale Street Condominium, Condominium created by Master Deed dated February 25, 2005 and recorded with Suffolk Registry of Deeds on February 28, 2005 in Book 36553, Page 201.  
The Post Office Address of the Condominium is UNIT 1 OF 139 INTERVALE STREET, DORCHESTER, MASSACHUSETTS.  
The unit conveyed is laid out as shown on plan filed herewith, which plan is a copy of a portion of the plans filed with said Master Deed and to which is affixed a verified statement in the form provided in G. L. c. 183A s.9. It is subject to and with the benefit of the obligations, restrictions, rights and liabilities contained in G. L. c. 183A, the Master Deed and the By-Laws filed therewith.  
The Condominium and each of the units is intended for residential purposes and other uses permitted by the applicable Zoning Ordinances and as set forth in the Master Deed.  
The undivided percentage interest of the unit conveyed hereunder in the common areas and facilities is 31 %.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

**TERMS OF SALE:**  
A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication.  
**TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

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10/15, 10/22, 10/29/14

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